

Shoreline



City of Seal Beach Classes and Activities • Winter 2012-2013



City of Seal Beach

211 8th Street, Seal Beach, CA 90740
(562) 431-2527

CITY COUNCIL

City Council meetings are open to the public and are held at City Hall on the second and fourth Monday of each month at 7 p.m.

Mayor	Michael Levitt, District 5
Mayor Pro Tem	Gary Miller, District 4
Council Member	Ellery Deaton, District 1
Council Member	David Sloan, District 2
Council Member	Gordon Shanks, District 3

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Sean Crumby
City Clerk	Linda Devine
Interim Chief of Police	Keith Kilmer
Interim Director of Community Development	Greg Hastings
Director of Finance/City Treasurer	Victoria Beatley
Director of Public Works	Sean Crumby
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

Recreation Manager	Tim Kelsey, ext. 1341
Comm. Services Coordinator	Dana Engstrom, ext. 1306
Comm. Services Specialist	Marquis Lee, ext. 1307
Comm. Services Specialist	Morgan Wraight, ext. 1344

RECREATION COMMISSIONERS

District 1	Marc Loopesko
District 2	Lauren Sosenko
District 3	Carla Watson
District 4	Schelly Sustarsic
District 5	Graham McAllister

MUNICIPAL MEETINGS

Planning Commission
7:30pm; 1st & 3rd Wednesday per month

Environmental Quality Control Board
6:30pm; Last Wednesday/month

Recreation Commission
6:00pm; 4th Wednesday/month
*January, February, March, April, May, June,
September, October, November*

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HOLIDAY CLOSURES

Veteran's Day – November 12

Thanksgiving – November 22 and 23

Christmas/New Years – December 24 – January 1

Martin Luther King Jr. Birthday – January 21

Presidents' Day – February 18

Day Light Savings

Spring Forward on Sunday, March 10, 2013

Daylight saving time is also a perfect opportunity to not only change your clock, but also change the batteries in your smoke alarms and carbon monoxide detectors.

City News

City of Seal Beach



Winter 2012-2013

A Message from the City Manager's Office

As we prepare to close out yet another successful year, it seems fitting to provide a brief update on some of the many positive things happening in our community, from the upcoming expansion of the community gardens at Edison Park to the opening of several new businesses at the Shops at Rossmoor. While this is by no means a complete list of this year's projects, it is evident a great deal has been accomplished in our City.

Perhaps the most exciting effort on the horizon is the creation of the City's first Parks Master Plan. If adopted by the City Council, this plan will serve as a long-term guide for improvements to be made to open areas, city parks, and recreational facilities. As you know, the City Council remains fully committed to maintaining the infrastructure of our community and the Parks Master Plan is yet another example of this commitment.

In terms of the shopping experience in town, it has been a banner

year for new business openings. The Shops at Rossmoor saw the opening of six new businesses: In-N-Out Burger, Babies R Us, Toy R Us, ULTA, Staples, and PetSmart. The residents of Leisure World had reason to celebrate with the opening of the Dollar Tree, which has given them a nearby shopping option. Be sure to take advantage of the convenience of shopping local while contributing to the local economy.

In many municipalities, this year is election year. However, in Seal Beach, the City Council election was canceled. This, I'm sure you'll agree, speaks volumes about the work our City Council has done over the past few years. The cancelled election also saves the City election costs, and City staff looks forward to continuing the great working relationship we have established with the current Council Members.

I would like to conclude my remarks by inviting everyone to take part in many of the special events



City Manager Jill R. Ingram

planned for the holiday season. There are a host of holiday events that I'm sure you'll enjoy, including the Christmas Tree Lighting on November 24, the Holiday Parade on December 7, and Breakfast with Santa on December 15. To find out more about these and other City events, please visit the City website or call City Hall at (562) 431-2527.

I wish you all a very joyous holiday season, and a very happy new year!

*Jill R. Ingram
City Manager*



Let's Get Ready for the Rain!

After a long, hot and dry summer, it's time to get ready for the wet rainy season. Rain is much needed for Southern California; however, there are some necessary steps we need to take before it comes.

During months of dry weather, various pollutants have accumulated in the gutters or on the streets. Among them are cigarette butts, dog waste, food wrappers and oil stains from leaky cars.

Once the first rain hits the ground, all the pollutants get washed away to nearby gutters and eventually to rivers, creeks and the ocean. Not only does it pollute our waterways, it also closes local beaches and harms marine life and people's health.

Let's do our part to reduce pollution while getting ready for the holiday season! For questions, upcoming events or to get more information on the city's environmental programs, go to www.sealbeachca.gov or call the City of Seal Beach at (562) 431-2527.

Checklist for a safer and cleaner winter

- ✓ Check your sprinkler system and fix broken ones as necessary.
- ✓ Turn the sprinkler off when it rains, or install a rain sensor that will shut off your sprinkler system automatically.
- ✓ Do not apply pesticides or any chemical to lawns and gardens before watering or predicted rainstorms.
- ✓ Clean out leaves from roof and gutters so they don't clog the drain.
- ✓ Make sure you clean outdoor areas with a broom, not a hose.
- ✓ Do recycle unwanted or old hazardous products, such as used motor oil, filters, paint, paint thinner, pesticides, pool chemicals, used needles and unwanted or expired prescriptions. For HHWCC locations and hours, call (714) 834-6752 or visit www.oilandfills.com.
- ✓ Recycle your used motor oil and filters at the following certified centers in the city:
Seal Beach Auto Repair, 301 7th Street (562) 795-5027
Seal Beach Chevron, 4000 Lampson Ave. (562) 430-2015
**Please note that it is advisable to call before taking oil to any of the listed centers.*
- ✓ Keep your vehicles in good condition and prevent leaks. Fluids dripped or spilled onto streets will be washed into the storm drain system, which in turn, drains to the ocean.

Local Safety Information at your Fingertips

Getting accurate local safety information when you need it is a challenge. Your ability to react to severe weather warnings, evacuation orders, school alerts, and other critical information depends on the accuracy and the immediacy of the information you receive. Founded in 2007, Nixle now works with over 4,600 public safety agencies across the U.S., including Seal Beach, to ensure you get the vital information you need, when you need it. Nixle is not only for emergencies. The City will keep you up to date on other information affecting our community including safety tips, traffic alerts, and local crime information.

So, how does it work? By simply sending a text message with your zip code to 888777, you

are instantly registered to receive text messages from local public safety agencies in your area. If you would like even more control, you can create a Nixle account at www.nixle.com and tailor exactly what information you receive and how you want to receive it – via text message, email, mobile application, or web browser.

Is Nixle secure? Unlike social media networks such as Twitter and Facebook, Nixle employs a thorough screening process to verify that every agency joining the Nixle service is authentic. Other security measures such as 2-step login verification help to safeguard agency accounts beyond the level of protection provided by other online services. All of this is done to ensure that the messages you receive from Nixle are genuine and reliable.

Senior Transportation Program Update

The City operates a Senior Transportation Program that is comprised of three main components. Those components include a Senior Nutrition Shuttle, a Senior Shopper Shuttle, and the Senior Dial-A-Ride Program.

On Sunday, August 19, 2012, construction began to replace the Seal Beach Blvd bridge, which severely hampers travel to the Shops of Rossmoor from Leisure World. To assist with the shopping needs of the Leisure World community during construction, the City of Seal Beach is modifying the Senior Shopper Shuttle so that users may now travel to Old Town (drop off at Main Street and Electric Avenue) on Thursdays from 1:00 p.m. to 5:00 p.m. as way to avoid the inconvenience of traveling to the Shops during construction.

Below is the new Senior Shopper Shuttle schedule:

- **Monday thru Wednesday**
2:00 p.m.–4:30 p.m. (no change)
- **Thursday** - 9:00 a.m.–1:00 p.m.
(Leisure World to Shops)
- **Thursday** - 1:00 p.m.–5:00 p.m.
(Leisure World to Old Town)
- **Friday** - Not Available

Additionally, a modification has been implemented to allow disabled individuals to call Seal Beach's Dial-A-Ride Program to transport them to the nearest Long Beach Transit bus stop (Pacific Coast Highway and Studebaker or Alamitos Bay Landing). This modification is designed to assist persons with disabilities who might be impacted by the elimination of Long Beach Transit Route 131 and 171 into Seal Beach.

Finally, the City's Dial-A-Ride Program will no longer allow users to make a reservation for trips that begin at a user's home in Leisure World to another location inside Leisure World. Leisure World currently operates a shuttle service that transports residents throughout Leisure World.

There are no changes to the Senior Nutrition Shuttle.

For more information please call Patrick Gallegos at (562) 431-2527 ext. 1308.

Class registration begins November 5

Don't forget to register early to avoid class cancellations.

*Registration will no longer be accepted on-site. See **Page 22** for registration information.*



Pick-Up After Your Pet

Picking up after your pet isn't just a courtesy, it's the healthy and environmentally sound thing to do. Pet waste left on lawns, sidewalks and parks can be picked up by rain and irrigation water and swept into the storm drain system. This polluted water flows untreated into the San Gabriel River and eventually into the ocean, contaminating our waterways and making them unsafe for people and wildlife. Follow these simple tips to help prevent pollution and protect the health of your family and community:

- When walking your dog, bring a bag to pick up any pet waste
- Carry an extra bag to avoid being caught off guard – one to care and one to share
- Dispose of pet waste properly – in the trash, not down the toilet or in a catch basin

City of Seal Beach Christmas Tree Pick-up

Christmas trees will be collected for 2 weeks beginning December 26, 2012.



Holiday Fire Safety

The holiday season—Thanksgiving, Christmas, Hanukkah, New Year's—is a peak time for residential fires. The use of decorative lights, candles, and heating appliances as well as parties with smoking and drinking increase the likelihood of fire. Following are some safety tips on Holiday Fire Safety prepared by the Orange County Fire Authority:

Keep matches and lighters out of children's reach. Teach young children to stay away from candles, fireplaces and heaters. Older children can be taught to light candles and fireplaces safely but should do so only under direct supervision.

Do not use candles near combustible decorations. Never leave candles burning unattended or within the reach of small children. Extinguish candles before you leave a room or go to bed.

Have your chimney inspected by a professional at least once a year and cleaned if necessary. Always use a fireplace screen. Never burn paper or trash in a fireplace.

Keep space heaters at least 3 feet away from anything that could catch on fire, such as bedding, clothing and furniture. Be certain that the type of heater you are using has a label from a safety-testing laboratory.

Provide large, deep, non-tip ashtrays for smokers. Empty ashtrays often after soaking



contents before dumping them. Check cushions and furniture for smoldering cigarette butts.

Use only lights that have the label of an independent testing laboratory. Replace any set of lights that has frayed cords, bare wires, broken sockets or loose connections. Do not overload outlets. Unplug decorative lights before leaving home or going to bed.

Choose a fresh Christmas tree. Set up your tree away from exits, fireplaces and other heat sources. Check the water level daily!

For additional information, contact the Orange County Fire Authority/Community Relations and Education Section at 714-573-6200 or visit the OCFA website at www.ocfa.org.

City Welcomes New Director of Finance/City Treasurer

The City officially welcomed a new Director of Finance/City Treasurer, Victoria (Vikki) L. Beatley on August 14th. Ms. Beatley has more than 25 years of experience in finance and treasury/cash management. Her academic credentials include a Bachelor of Arts in Finance from California State University, Fullerton, and an Executive MBA from the University of Phoenix.

Prior to joining Seal Beach she was the Chief Financial Officer for Mesa Consolidated Water District from 2003 to 2012 and the Investment/Revenue Officer for the City of Orange in California from 1997 to 2003.

Before moving to the public sector she was the Cash Manager for CKE Restaurants.

She is currently a member of, and Past-President for, the California Municipal Treasurers Association, and a member of the California State Municipal Finance Officers, the Government Finance Officers Association, and Women Leading Government. Additionally she is a Board Member of

Orange County's Credit Union.

Her outside activities include playing golf, watching professional football, and photography. She also enjoys walking around the City of Seal Beach in the early morning air.



City of Seal Beach Tennis Center Offers a Variety of Programs and Activities for all Ages and Skill Levels

The Seal Beach Tennis Center is a beautiful facility open to the public 7 days per week, and offering tennis programs and activities for all ages and skill levels. Center includes 16 tennis courts, indoor fitness facility, pro shop, clubhouse and full locker rooms.

Tennis Center Public Hours

Monday – Friday, 12:00pm—9:30 pm

Saturday & Sunday, 12:00 pm—5:30 pm

The general public may reserve courts 4 days in advance.

General Public Fees

12:00 pm to 5:00 pm - \$10 per hour/court

5:00 pm to 9:30 pm - \$12 per hour/court

Seal Beach Residents receive a \$2 discount per hour, per court. Junior Rates (17 years and under) - \$5 per hour per court

Tennis Programs

- Private & group lessons by USPTA instructors
- City Recreation tennis classes
- Southern California Tennis Academy
- Peter Smith Tennis Camp
- Fitness programs and Clinics
- Special tennis events & tournaments
- And much more...

Facility & Services

The facility includes a pro shop where you can pick up needed tennis supplies, snacks & beverages, and have your racquet re-strung. The facility is home to a number of tennis professionals who can assist you with all your tennis needs. There is even a ball serving machine available for rental \$16/hour—Member rental \$8/hour. The Clubhouse is available to rent for your next special occasion, event, training or corporate meeting. Please call 562-598-8624 for a quote.



Membership Program

The Center offers a wonderful Membership program beginning at \$20 a month. Tennis Center Members enjoy a long list of special benefits, including:

- Unlimited personal use of the tennis courts
- Member-Only hours every morning
- Free one hour lesson/skill assessment with a tennis pro
- Access to the Fitness Center
- Access to the Tennis Center Clubhouse
- Priority Court Reservations and Event & Lessons registrations
- Member-Only events & tournaments

See Page 7 for Tennis Center rates.



Class registration begins November 5

Don't forget to register early to avoid class cancellations.

*Registration will no longer be accepted on-site. See **Page 22** for registration information.*

West County Connector Project Update

The West County Connector Project is well underway on the I-405 freeway and I-605 freeway. This project is sponsored by the Orange County Transportation Authority (OCTA) and managed by Caltrans. Currently Seal Beach Boulevard has been reduced to one lane in each direction with one emergency lane. This will continue into late Summer 2013. City of Seal Beach staff is continually working with OCTA and Caltrans daily to coordinate and adjust traffic issues. The City appreciates your patience with the ongoing construction, traffic detours and closures. For more information please contact OCTA's, Sarah Swensson, Senior Community Relations Specialist at sswensson@octa.net, (714) 560-5376 or on Facebook www.facebook.com/WCCProjectInfo



City of Seal Beach Public Tennis Center

General Public

Hours of Operation:

Monday through Friday
12:00 p.m.-9:30 p.m.

Saturday and Sunday
12:00 p.m.- 5:30 p.m.

Reservations:

General Public may reserve courts four days ahead of time (Monday call for Thursday)

Court Fees

12:00 p.m.- 5:00 p.m.
\$10 per hour per court

5:00 p.m.- 9:30 p.m.
\$12 per hour per court

Seal Beach Residents save
\$2 per hour per court.

Junior rates (17 & under)
\$5 per hour per court

The adult rate applies if junior and adult play together.

Ball Machine

\$16.00 per hour
Member receives ½ off

Lessons

Private and group lessons available from USPTA instructors. Personal training sessions available in the tennis center gym.

Full Service pro shop

24- Hour Racquet Stringing

Club house available for rental, call (562) 598-8624.

The Seal Beach Tennis Center is located at 3900 Lampson Avenue. For additional information, call (562) 598-8624 or visit www.sealbeachtenniscenter.com.

Interested in becoming a member? Call (562) 598-8624



■ CLUBS & ORGANIZATIONS

American Legion Post #857	Joe Palmer — 562-596-3950
Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	sealbeachcpena@hotmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Food Finders	Arlene Mercer — 562-598-3003
Friends of the Mary Wilson Library	Tom Blackman — 562-431-7415
Girl Scouts	Lynn Gosselin — 562-596-4315
Historical Society Red Car Museum	562-430-1450
International Friendship Assoc.	Rose Wenjen — 562-596-8568
Interval House — Women's Shelter	562-594-9492
League of Women Voters	Marilyn DeWitt — 562-431-7575
Los Al/Seal Beach Football	LosALFNL.com
LOTE Volunteer Organization	Barbara Barton — 562-596-3497
McGaugh School PTA	Isabelle McFadden — 562-596-1199
MOMS Club of Seal Beach	Veronica Vallejo — 562-493-0543 www.momsclubofsb.org
Moms Club of Seal Beach-Old Town	www.momscluboldtown.com
Republican Women's Club	Phyllis Steiner — 714-826-7022
R.O.C.K. Raising Our Celiac Kids	Christie Scales — 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai — 562-431-9400
Save Our Beach	Kim Masoner — 562-884-6764
Seal Beach Arts & Crafts Faire	Belinda — 562-598-0116
Seal Beach Beauty Pageant	Rossie — 562-431-5679
Seal Beach Lions Club	Scott Newton 562-537-3955
Seal Beach Leo Club	Scott Newton 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Volleyball Club	562-430-6671 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
The Seal Beachcombers Club	Resident SOCAL Club — 562-243-8987 www.sealbeachcombers.com
Surfrider Foundation	Mike Balchin — 562-397-3658 mebabh2o@msn.com
Special Olympics So California-OC	Jimmy Wong — 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Twyla Karkut — 562-431-7290

■ TRASH

Consolidated Disposal	(800) 299-4898 www.consolidateddisposalservice.com
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■ STREET SWEEPING

R.F. Dickson	(800) 573-3222
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■ SEAL BEACH WATER BILLING

Water Billing	(562) 431-2527 x1309
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■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, ext 1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
SB Lifeguard Headquarters	562-431-2527, ext 1202
SB Com Pool @ McGaugh School	562-430-9612
Community Senior Serv	Senior lunch program: 562-430-6079
Senior Transportation (SB ONLY)	562-439-3699
Sunset Beach Lifeguards	949-499-3312
Main Post Office (Westminster)	562-596-5546

■ RECREATION & COMMUNITY SERVICES

Los Alamitos Recreation	562-430-1073
Los Alamitos Youth Center	562-493-4043
Rossmoor Comm. Services Dist	562-430-3707

■ LIBRARIES

Leisure World Library	562-431-1611
Mary Wilson Library	562-431-3584
Rossmoor/Los Alamitos Library	562-430-1048

■ PRESCHOOL

Growing Tree	562-430-2434
Sun N Fun	562-430-4384
Seal Beach Playgroup	562-594-0066

■ LOCAL NEWS

Seal Beach TV 3 (Community Access)	562-596-1404
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■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm
Address	211 8th Street, Seal Beach, CA 90740 (562) 431-2527
Ext. 1307	Adult Sports, General Information & Classes
Ext. 1306	Brochure/Classes, Instructors, Facility/Park Rentals and Special Event Permits
Ext. 1341	Athletic Fields, Aquatics, Swim Lessons, Gym Reservations, and Film Permits
Ext. 1344	Community Garden, Tennis Center



City of Seal Beach- Community Services



SealBeachRec

City of Seal Beach Holiday Fun!

November 24

Tree Lighting Ceremony

4-7pm

Eisenhower Park
at the Pier

Come play in REAL snow!

Visit www.sealbeachchamber.org for event details.



December 7

Seal Beach Holiday Parade

Parade starts at 7pm • Main Street

The 34th annual Seal Beach Christmas Parade will take place along Main Street in Old Town Seal Beach. Sponsored by the Seal Beach Lions Club, Seal Beach Chamber of Commerce, and the City of Seal Beach. Contact Scott Newton- Parade Chairman (562) 537-3955 or scottnewton@hotmail.com for more information or if your group is interested in participating at (562) 799-0179.

December 9

Holiday in the Park

11am-2pm

Heather Park



Community event includes arts and crafts, games, snow, and a visit by Ole St. Nick. Contact College Park East Neighborhood Association at sealbeachcpena@hotmail.com for more information! Heather Park is located at Heather Street and Lampson at College Park East.

December 15

Breakfast with Santa

8-10:30am

Marina Comm.
Center



First come first served. Seal Beach Community Services Department, cosponsored by the Seal Beach Lions & Leo's Club. Take a family photo, jump in the bounce house, and sit on Santa's lap with your Christmas wish list. Make it a Seal Beach family affair! Marina Community Center is located at 151 Marina Drive.

February 4-April 15

Free Tax Assistance

Mondays • Fire Station #48

Free assistance for taxpayers with low and middle-income, with special attention to those 60 and older in preparing State and Federal Income Tax returns. Appointments will be taken on a first-come, first-served basis at 8:30am, 9:15am, 10:00am, and 10:45am, & 11:30am. You will meet your tax counselor at the Fire Station #48 - Community Room located at 3131 N Gate Rd.. Call for your free appointment and paperwork today! (562) 431-2527 x1344.

March & April 2013

All-City Novice Tennis Tournaments

Save the dates for two exciting all-city tennis tournaments to be held at the Seal Beach Tennis Center this spring! No tournament experience necessary. Check for details online at www.sealbeachtenniscenter.com

Saturday, March 30, 2013

Adult Doubles Novice Tournament

Sunday, April 28, 2013

Junior Singles Novice Tournament



Ongoing

Save Our Beach

10am-1pm • 1st Street Beach

Monthly Beach clean-up (3rd Saturday of each month) For more information, call Kim Masoner at (562) 884-6764.

39th Annual • April 13



5/10K Run • 5K Walk • Kids Fun Run
www.RunSealBeach.com

**Sign Up Now -
Entries are limited**

All event proceeds
support local Recreation,
Fitness & Schools, Programs
and Organizations.



Baby Sign Language

Shannon Zeeman

Los Alamitos Community Center - Activity Room #1
10911 Oak Street

Want to know what your baby is thinking? In this class, parent & baby will learn to communicate before baby can speak. Learn hand movements using basic sign language. You and your baby will learn words such as please, thank you, more, mom, dad and so on. All of these words will let you know their wants & feelings. \$3 supply fee payable to instructor at first class.

111071-01	3 weeks	Mon	1/21-2/4	9:45-10:30am	Infant - 2 yrs	\$40
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Music & Movement

Danuta Klimczak

Seal Beach Senior Center
707 Electric Ave.

Designed to provide a positive, challenging, learning environment for children to blossom both musically and personally. Children will participate in musical games, singing, dancing, listening, and playing instruments. Program combines elements of Orff Schulwerk and Kodaly methods with traditional philosophies of musical education. Parent participation required for 2 year old class.

111061-01	4 weeks	Fri	1/4-1/25	10-10:45am	2 yrs	\$46
111061-02	4 weeks	Fri	1/4-1/25	11-11:45am	3-4 yrs	\$46
111061-03	4 weeks	Fri	2/8-3/1	10-10:45am	2 yrs	\$46
111061-04	4 weeks	Fri	2/8-3/1	11-11:45am	3-4 yrs	\$46

Art Playground

Easel Does It!

Marina Community Center - Large Room & Park
151 Marina Dr.

Are you worn out from running in seven different directions, taking your kids to all their separate activities? What if you could bring them to the SAME class where fun & creativity are key? Each week, kids have the freedom to express their artistic style in our playground of stimulating arts & crafts stations. You take home the fabulous masterpieces; the mess stays with us! Dress for a mess & sign you child up today! NEW PROJECTS EVERY SESSION!!!! Parent participation required. \$20 materials fee due to instructor at first class.

111040-01	8 weeks	Wed	1/16-3/6	9:45-10:30am	18 mos- 5 yrs	\$80
111040-02	8 weeks	Wed	1/16-3/6	10:45-11:30am	18 mos- 5 yrs	\$80

Amiguitos

Los Alamitos Community Center - Craft Room
10911 Oak Street

¡Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games and role play, and art. Visit our website for complete class descriptions: www.BamboleoKids.com. Every session is a new experience! Parent participation is required. Please do not bring unregistered siblings to class. \$25 cash material fee payable to instructor for art supplies and three illustrated storybooks (w/English translations), lyrics, and music/storytelling CD to take home.

Priscilla Monserrate-Sanders

111078-01	6 weeks	Mon	1/14-2/25	10-10:50am	2-4 yrs	\$68
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Gabriela Perez Ugalde

111078-02	6 weeks	Sat	1/19-2/23	10:15-11:05am	2-4 yrs	\$68
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Toddler Express

Reina Rivera

Los Alamitos Community Center - Craft Room
10911 Oak Street

All aboard the fast track to learning in this center based mini-pre-school! Join us for activities such as sensory stations, creative arts and crafts, learning games and bringing storybooks to life through puppetry. Children will learn socialization skills as they explore activities developing their motor and verbal skills all in a positive and nurturing atmosphere. New themes weekly for year-round fun! Parents can share ideas and develop a support group. Parent participation is required. \$5 cash supply fee payable to instructor.

111073-01	6 weeks	Wed	1/9-2/13	9:30-10:15am	1-3 yrs	\$68
111073-02	6 weeks	Wed	2/20-3/27	9:30-10:15am	1-3 yrs	\$68

Lil Explorers- I Spy Winter

Reina Rivera

Los Alamitos Community Center - Craft Room
10911 Oak Street

Let all the Curious George's and Georgette's come on over to explore and discover unique sensory activities! Come develop your child's intelligence through hands-on interaction with nature and fun environmental concepts. Classes are enhanced with music and movement, puppetry, learning games, crafts and unique story readings. Parent participation is required. \$10 cash supply fee payable to instructor.

111074-01	6 weeks	Wed	1/9-2/13	10:30-11:15am	1-3 yrs	\$68
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Lil Rock N' Rollers

Reina Rivera

Los Alamitos Community Center - Craft Room
10911 Oak Street

Come rock to the music in this creative movement song and dance class designed for our smallest music lovers! Each class will incorporate instrumental jam sessions, musical learning games, stimulating props, creative crafts and a rock star puppet show! \$10 supply fee payable to instructor.

111075-01	6 weeks	Wed	2/20-3/27	10:30-11:15am	1.5-3.5 yrs	\$68
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Children's Library Programs

at Mary Wilson Library

**Call for program
information**

Kids' Crafts

First Saturday of every Month
All day program

Library Hours

Mon: 12-8pm, Tues: 12-8pm • Wed: 10am-6pm • Thurs: 10am-6pm • Sat: 10am-5pm
Closed Friday and Sunday

For more information, call 562-431-3584

Free programs presented by the Seal Beach Friends of the Library.

Attention Parents:

With the exception of Petit Ballerina & Tiny Tappers, parents are asked to remain outside of the classroom while class is in session. Thank you!

Petit Ballerina

Anne Pennypacker
Marina Community Center - Large Room
151 Marina Dr.



"Bonjour, Little Dancers!" Join Miss Anne in a magical adventure into the world of ballet: plies, sautés, chasses, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! "La danse de la joie!" Parents may remain in the room to help their child if needed however, please stay quiet so dancers in class can hear instructions and music. Thank you!

111030-01	6 weeks	Thu	1/10-2/14	9-9:30am	2-4 yrs	\$62
111030-02	6 weeks	Thu	2/21-3/28	9-9:30am	2-4 yrs	\$62
111030-03	6 weeks	Wed	1/9-2/13	2-2:30pm	2-4 yrs	\$62
111030-04	6 weeks	Wed	2/20-3/27	2-2:30pm	2-4 yrs	\$62
111030-05	6 weeks	Wed	1/9-2/13	6-6:30pm	2-4 yrs	\$62
111030-06	6 weeks	Wed	2/20-3/27	6-6:30pm	2-4 yrs	\$62

Tiny Tappers!

Anne Pennypacker
Marina Community Center - Large Room
151 Marina Dr.



Noise! Noise! Noise! It's time for happy feet! All little dancers love their tap shoes and this class will focus on learning the fun rhythms & steps of tap. Parents may remain in the room to help their child if needed however, please stay quiet so dancers in class can hear instructions and music. Thank you!

112026-01	6 weeks	Thu	1/10-2/14	9:35-9:55am	2-4 yrs	\$42
112026-02	6 weeks	Thu	2/21-3/28	9:35-9:55am	2-4 yrs	\$42
112026-03	6 weeks	Wed	1/9-2/13	2:30-3pm	3-5 yrs	\$62
112026-04	6 weeks	Wed	2/20-3/27	2:30-3pm	3-5 yrs	\$62

Pretty Princess Pre-Ballet

Anne Pennypacker
Marina Community Center - Large Room, 151 Marina Dr.

Calling all Princesses, Fairies and little Ballerinas! Join in the fun by dancing magical ballet adventures. Little dancers can pretend to be the beautiful Swan Princess, Fairy Queen, Sleeping Beauty and more. Learn basic ballet positions and steps in a fun creative environment!

142033-01	6 weeks	Thu	1/10-2/14	3-3:45pm	4-7 yrs	\$62
142033-02	6 weeks	Thu	2/21-3/28	3-3:45pm	4-7 yrs	\$62

Ballet/Tap Combo

Anne Pennypacker
Marina Community Center - Large Room, 151 Marina Dr.

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. A great class for dancers of all levels! At session's end, we'll put on a show. Ballet and tap shoes required.

122021-01	6 weeks	Wed	1/9-2/13	3-3:45pm	5-8 yrs	\$62
122021-02	6 weeks	Wed	2/20-3/27	3-3:45pm	5-8 yrs	\$62

Musical Theatre Stars

Anne Pennypacker
Marina Community Center - Large Room, 151 Marina Dr.

Calling all entertainers! Casting now... Needed: creative students interested in exploring, dancing, acting, music, and song! Join Miss Anne and guest instructors in performing pieces from various favorite musicals. Students will learn musical theatre dance styles, while learning to connect acting and the emotions of the song to the choreography of the piece. Jazz or ballet shoes encouraged for class.

122024-01	6 weeks	Wed	1/9-2/13	3:45-4:30pm	5-12 yrs	\$62
122024-02	6 weeks	Wed	2/20-3/27	3:45-4:30pm	5-12 yrs	\$62



Gymnastics

Anne Pennypacker
Marina Community Center - Large Room, 151 Marina Dr.



A focused gymnastic class, working on developing strength for more advanced skills. Gymnasts will learn the proper and safe way to execute tumbling, while increasing confidence and coordination. The strengths of every student is individual, and those capable of moving onto more challenging skills will have the opportunity to do so.

111033-01	6 weeks	Wed	1/9-2/13	4:30-5:15pm	5-10 yrs	\$62
111033-02	6 weeks	Wed	2/20-3/27	4:30-5:15pm	5-10 yrs	\$62

Rockstar Popstar Dance

Anne Pennypacker
Marina Community Center - Large Room, 151 Marina Dr.



Dancers will party, learning lyrics and hip hop moves to our favorite pop songs and be stars! At session's end, we'll rock out and be fabulous, throwing a concert not to be missed!

127046-01	6 weeks	Thu	1/10-2/14	3:45-4:30pm	5-12 yrs	\$62
127046-02	6 weeks	Thu	2/21-3/28	3:45-4:30pm	5-12 yrs	\$62

Hip Hop

Anne Pennypacker
Marina Community Center - Large Room, 151 Marina Dr.

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! Tennis shoes or Jazz shoes required.

142034-01	6 weeks	Thu	1/10-2/14	4:30-5:15pm	5-12 yrs	\$62
142034-02	6 weeks	Thu	2/21-3/28	4:30-5:15pm	5-12 yrs	\$62

Kiddie Karate

Gary Pitts

Los Alamitos Community Center Activity Room #1, 10911 Oak Street

Learn basic techniques and principles emphasizing the three "C's": coordination, confidence and concentration. Wear loose clothing. Parents remain outside during class.

111050-01	4 weeks	Tue	1/8-1/29	5:30-6pm	3-5 yrs	\$30
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Beg/Adv Karate

Gary Pitts

Los Alamitos Community Center - Activity Room #1, 10911 Oak Street

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline and sportsmanship. Wear loose clothing.

122051-01	4 weeks	Tue	1/8-1/29	6:05-6:50pm	6+ yrs	\$35
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Skatedogs

Adam Cohen

Heartwell Park - Long Beach, 5801 E Parkcrest Street

Whether you are just learning or ready to learn advanced tricks, this class is right for you. Make new friends, advance your skills, and most importantly, have fun in our private skatepark. All participants will receive a Skatedogs T-shirt. Requirements: A signed Skatedogs waiver form, a skateboard or scooter, knee pads, elbow pads and a helmet.

Skateboard

123150-01	6 weeks	Sat	1/5-2/9	9-10:30am	6-13 yrs	\$150
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Scooter

123150-02	6 weeks	Sat	1/5-2/9	9-10:30am	6-13 yrs	\$150
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Winter Break Jump Start Basketball Camp



Jerri Crosby

McGaugh Campus Gym, 1698 Bolsa Ave.

Participants will learn basic & advanced fundamentals of basketball while learning how to play in a team environment. These skills include shooting, passing, ball handling, transition offense, defense, and rebounding. Optional \$5 t-shirt and water bottle fee payable to instructor at first class.

123993-01	3 days	Wed-Fri	12/26-12/28	9am-12pm	8-13 yrs	\$100
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123993-02	3 days	Wed-Fri	1/2-1/4	9am-12pm	8-13 yrs	\$100
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Westminster ICE

Fee: \$37/ 4weeks

13071 Springdale, Westminster

Continuous 4 week sessions are offered for the following classes:

Parent & Me Ice Skating (3-5 years)

Skating for Tots (3-5 years)

Beginning Ice Skating (6-16 years)

ICE Skating for Adults (17+ years)

ICE Hockey Skating Skills (6-16 years)

Class fee includes skate rental, half hour of instruction and a free weekly practice session on your registered class day. All classes taught by Westminster ICE Staff. Dress warmly in layers and bring gloves or mittens. Please check in at least 15 minutes prior to class start time at the first class. For individual class descriptions, dates, and times visit www.sealbeachca.gov or call (562) 431-2527 x1344. Pre-registration required through the Community Services Department for all classes.

Kidz Love Soccer

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!" Class status hotline: (888) 372-5803.

Mommy/Daddy & Me Soccer

Kidz Love Soccer

Heather Park, Heather St @ Lampson Ave.

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/ Daddy & Me Soccer; parents are part of the action, not watching from the sidelines!

123995-01	7 weeks	Tue	1/29-3/12	3-3:30pm	2-3.5 yrs	\$78
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Tot Soccer

Kidz Love Soccer

Heather Park, Heather St @ Lampson Ave.

Little tykes will enjoy running and kicking just like big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting.

123996-01	7 weeks	Tue	1/29-3/12	3:40-4:10pm	3.5-4 yrs	\$78
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Pre Soccer

Kidz Love Soccer

Heather Park, Heather St @ Lampson Ave.

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting.

123997-01	7 weeks	Tue	1/29-3/12	4:10-4:45pm	4-5 yrs	\$78
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Soccer 1

Kidz Love Soccer

Heather Park, Heather St @ Lampson Ave.

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

123998-01	7 weeks	Tue	1/29-3/12	4:45-5:30pm	5-6 yrs	\$78
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Co-ed Beg Volleyball

Maria Fattal

McGaugh Campus Gym, 1698 Bolsa Ave.

Coed. Learn to play volleyball this winter. Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. No Class 12/23 & 12/30

133060-01	10 weeks	Sun	12/2-2/17	12-2pm	9-14 yrs	\$150
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After School Sports, Activities & Homework Club

Scott Durzo & Staff

McGaugh Campus, 1698 Bolsa Ave.

\$200/pay as you go Kid Card

\$15 - Mon, Tues, Thurs, Fri

\$20 - Wednesdays (early out) and \$25 for Minimum Days until 4 p.m.

A fun and positive place for homework assistance, after school activities, and sports. Emphasis is placed on learning, good sportsmanship, and encouraging your child to do their best! Participants are grouped by age and ability to ensure a positive experience. Please email Coach Scott directly if you have questions: scottdurzo@mac.com. Camp is closed on holidays, staff development days, and student free days. \$4 per hour/\$3 per hour each additional child. A 2-hour minimum is charged each day your child participates. A \$200 pre-paid Kid Card is required prior to participation.

Dates: We follow the Los Alamitos Unified School District Calendar

Times: Immediately after-school until 6 p.m.; including all minimum days.

427010-01	Mon-Fri	5-11 yrs	\$200
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Fashion Sketching

Claudia Hindu

Fire Station 48- Community Room

3131 N. Gate Rd.

This 2 hour a week class will help students to develop their own style of fashion illustration with pencil and markers. Students will learn to draw women, men, and children's fashion models used as a basis for drawing the idealized proportions. No prerequisite required. \$20 material fee payable to instructor at first class meeting.

112032-01	5 weeks	Tue	1/8-2/5	4-6pm	9+ yrs	\$109
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Mad Science: Winter Workshop

O.C. Mad Science Staff

Marina Community Center - Large Room

151 Marina Dr.

Keep your brain from going into deep freeze this winter with our Mad Science Winter Workshop! 4 hours of science games and experiments to break up the ice and bring on the fun! All children must be potty trained. Bring your own lunch. \$5 material fee due at the door.

127203-01	1 day	Sat	12/8	10am-2pm	3-13 yrs	\$35
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Guitar Beginning

Jim Fagen

Los Alamitos Community Center, 10911 Oak Street

This class is designed for the beginner and it will gently teach the fundamentals of guitar including chords, picking and tablature. Bring guitar. Adults are cordially invited too! \$4 material paid to instructor at the first day of class.

166070-01	6 weeks	Thu	1/10-2/14	5:30-6:30pm	9+ yrs	\$74
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Needlecrafts

Polly Womack

Los Alamitos Community Center- Meeting Room, 10911 Oak Street

Come learn Needlepoint, Tatting, Cross Stitch, Hardanger, Bargello, Embroidery, Whitework, Blackwork, Battenberg Lace, Needlelace, Cutwork, Samplers with a nice group of people to stitch with! Students may choose their own projects.

146059-01	10 weeks	Wed	1/9-3/13	1-3:30pm	16+ yrs	\$50
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Santa's Elves Workshops

Annette Broman

Los Alamitos Community Center - Activity Room #1

10911 Oak Street

Come create adorable decorations, family gifts, and ornaments in this fun and festive holiday workshop! \$8 cash material fee payable to instructor.

126050-01	1 day	Sat	12/8	9:30-11am	4-6 yrs	\$14
126050-02	1 day	Sat	12/8	11:30am-1pm	7-10 yrs	\$14

Craft Warz

Annette Broman

Los Alamitos Community Center - Activity Room

10911 Oak Street

Crafty kids explore their imaginations as they accept the Craft Warz challenge! Each crafter will be given various objects to create projects in a limited time! \$20 cash material fee payable to instructor upon signing child in.

126051-01	1 day	Tue	4/2	3-5:15pm	7-11 yrs	\$15
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Cupcake Crazy

Annette Broman

Los Alamitos Community Center- Activity Room

10911 Oak Street

Go crazy decorating yummy cupcakes, have fun playing baking games, mixing crazy frosting colors and playing the cake walk game. We will leave time to taste one of your delicious cupcake creations and box some to take home! \$5 cash supply fee payable to instructor upon signing child in.

126052-01	1 day	Sat	2/9	2-3:15pm	6-9 yrs	\$15
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Spring Holiday Craft Workshops

Annette Broman

Los Alamitos Community Center- Activity Room, 10911 Oak Street

Come decorate cookies, make spring crafts and participate in group games. \$8 cash supply fee payable to instructor upon signing child in.

126053-01	1 day	Sat	3/23	9:30-11am	4-6 yrs	\$15
126053-02	1 day	Sat	3/23	11:30am-1pm	7-10 yrs	\$15

Tutu-Cute!

Annette Broman

Los Alamitos Community Center- Craft Room, 10911 Oak Street

Design your very own tutu! Learn simple ballet steps to dance in our flower garden. Each participant receives a tutu cute photo. \$5 cash supply fee payable to instructor.

126054-01	1 day	Sat	3/2	10:30-11:30am	4-6 yrs	\$13
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Tots-A-Doodle-Do!

Annette Broman

Los Alamitos Community Center- Craft Room, 10911 Oak Street

Lots to do at Tots-a-Doodle-Do!! Songs, puppets, paints, crayons and playdough too! Fun for you! A hands-on, interactive class for tots who like to have fun! Parent participation is not required. \$10 cash supply fee payable to instructor.

126055-01	3 weeks	Tue	2/5-2/19	4-5pm	4-5 yrs	\$40
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Dog Obedience

Dog Services Unlimited Staff
Laurel Park
10862 Bloomfield

All breeds of dogs 6 mos & older (larger breeds 4 mos. & older) welcome. All basic obedience commands (heel, automatic sit, sit-stay, down-stay, stand & come) will be covered, as well as discussions on correction of various behavior problems. Hand signals, long distance work, & an intro to off leash control & boundary training included. Trophies & certificates awarded at graduation. Please bring current vaccination records and \$10 material fee (includes training manual) to first meeting. First meeting is an orientation, to be held WITHOUT DOGS inside Los Alamitos Community Center (10911 Oak St). Otherwise all other classes will be held at Laurel Park- corner of Katella & Bloomfield in Los Alamitos.

166040-01	8 weeks	Thu	1/17-3/7	6:30-7:30pm	9+ yrs	\$86
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Puppy Kindergarten

Dog Services Unlimited Staff
Laurel Park
10862 Bloomfield

Start your puppy off on the right paw. Establish good manners and socialization skills at an early age through simple obedience training, emphasizing positive reinforcement and gentle handling. For puppies 2-5 months. We'll also discuss housebreaking, chewing, nipping, health tips, and other puppy care topics. Graduation certificates presented at the last class. Please bring current vaccination records and \$10 material fee (includes training manual) to first meeting. First meeting is an orientation, to be held WITHOUT DOGS inside Los Alamitos Community Center (10911 Oak St). Otherwise all other classes will be held at Laurel Park- corner of Katella & Bloomfield in Los Alamitos.

166039-01	6 weeks	Thu	1/17-2/21	7:30-8:30pm	9+ yrs	\$75
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First Aid, CPR, AED

Erik Berg
Fire Station 48 - Community Room
3131 N. Gate Rd.

Classes are designed to teach individuals basic CPR, First Aid, and use an Automatic external defibrillator (AED). Participants will receive two cards; one from the American Safety and Heather Institution and a card from Medic First Aid. This is a hands-on class. \$15 book fee payable to instructor at class.

146031-01	1 day	Sat	1/26	9am-3pm	16+ yrs	\$45
146031-02	1 day	Sat	2/23	9am-3pm	16+ yrs	\$45
146031-03	1 day	Sat	3/23	9am-3pm	16+ yrs	\$45

Art for Adults 1

Claudia Hindu
Fire Station 48 - Community Room
3131 N. Gate Rd.

Students will be taught drawing fundamentals, including contour drawing, perspective, shading, proportion and still life rendering. Mixed media will be used. No prerequisite required. \$10 material fee payable to instructor at first class meeting.

112034-01	5 weeks	Tue	1/8-2/5	8-9:30am	18+ yrs	\$109
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Art for Adults 2

Claudia Hindu
Fire Station 48 - Community Room, 3131 N. Gate Rd.

Students will be taught more basic techniques such as principles of linear perspective drawing as well as more advanced techniques such as three point perspective. Mixed media will be used. Prerequisite: Art for Adults 1. \$5 material fee payable to instructor for first class meeting.

112035-01	5 weeks	Tue	1/8-2/5	9:30-10:30am	18+ yrs	\$70
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iPhones®, iPads®, I'm Lost

Bob Cohen
Los Alamitos Community Center - Meeting Room, 10911 Oak Street

There is so much more to do with an iPhone® and an iPad® besides making a phone call, sending text messages and browsing the web! While these gadgets are cool, we first need to figure out how to use them! In this class you'll learn to set-up your iPhone® or iPad® for email, texting, WiFi networks, Bluetooth®, and how to sync with your computer using iTunes, as well as take terrific pictures, send them to friends, install apps and make your iPhone® and iPad® even smarter. \$20 supply fee payable to instructor.

146035-01	1 day	Tue	1/15	6:30-9:30pm	16+ yrs	\$38
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Improving PC Performance

Bob Cohen
Los Alamitos Community Center - Meeting Room, 10911 Oak Street

Speed up your personal computer and keep it free of spyware, virus software and old files and applications that can slow it down. Students will learn valuable tips and techniques that can solve common computer problems and save you from long tech support calls or an upgrade that you do not need. The course also will cover the top ten things to know to keep your PC "tuned." \$20 optional supply fee payable to instructor.

146034-01	1 day	Wed	2/13	6:30-9:30pm	16+ yrs	\$38
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Social Networking for Beginners

Bob Cohen
Los Alamitos Community Center, 10911 Oak Street

Facebook, Twitter, LinkedIn, and Blogs have changed how people are using the internet. Whether you want to stay in touch with family and friends or learn how to leverage social networking for your business or career, this workshop is designed to give you an understanding of these exciting tools and how each one differs and can be used to its best advantage. Learn how these popular Social Networking sites work, how to set up accounts, find friends, family members, and groups, and how to establish connections using the most popular Social Networking services. \$20 supply fee payable to instructor.

146037-01	1 day	Tue	1/29	6:30-9:30pm	16+ yrs	\$38
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Intro to Digital Photography

Roy Boorman
LB Rec & Marine Admin Building, 2760 Studebaker Rd.

Enter the exciting world of digital photography. If you are considering the purchase of a digital camera or just purchased one, this course is for you. We will discuss cameras, printers, image editing, scanning and archiving. Learn basic image editing, e-mailing and printing photos. Handouts explaining pertinent points will be given out. \$5 materials fee payable at first class.

146050-01	2 weeks	Wed	1/16-1/23	7-9:30pm	18+ yrs	\$50
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Int Digital Photography

Roy Boorman
LB Rec & Marine Admin Building
2760 Studebaker Rd.

Take digital photography to a new level. Learn how to create good photos using the power of Adobe Photoshop Elements. We will demystify the many features and terms used by your camera, manipulate people in group pictures, create panoramas, scan and restore photos and more. Handouts explaining pertinent points will be given out. \$5 supply fee paid to instructor at class.

146051-01	2 weeks	Wed	1/30-2/6	7-9:30pm	18+ yrs	\$50
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Better Pictures from your Digital Camera

Roy Boorman
LB Rec & Marine Admin Building
2760 Studebaker Rd.

We will explore 27 ways to get better photos from your digital camera. Ways will include composition, your camera's controls, lighting, color, when to shoot, workflow and some of the pitfalls to better photography. A \$5 dollar material fee is payable to the instructor at the first class.

146052-01	2 weeks	Wed	2/13-2/20	7-9:30pm	18+ yrs	\$50
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Argentine Tango

Anne Pennypacker
Marina Community Center - Large Room
151 Marina Dr.

Join me in the passionate lovely dance from the streets of Buenos Aires. Learn ochos, ganchos, parada and more! Discover the "milonguero, milonguera" within! Must have previous experience in tango.

142038-01	6 weeks	Tue	1/8-2/12	7:30-8:30pm	18+ yrs	\$65
142038-02	6 weeks	Tue	2/19-3/26	7:30-8:30pm	18+ yrs	\$65

Intermediate Ballroom

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.

Geared towards students with some basic dance experience, Ballroom Intermediate is the class for you! Refine the basics and add more step patterns to spice up your dancing! Partner not necessary.

144021-01	6 weeks	Tue	1/8-2/12	8:30-9:30pm	18+ yrs	\$65
144021-02	6 weeks	Tue	2/19-3/26	8:30-9:30pm	18+ yrs	\$65

Line Dancing

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.

Let's kick up our heels and get moving! Join me in dancing both Latin and Country Line Dances, such as Mambo I, Boot Scoot Boogie, Red Hot Salsa and more! A great way to get fit while having fun!

142027-01	6 weeks	Wed	1/9-2/13	6:30-7:15pm	18+ yrs	\$65
142027-02	6 weeks	Wed	2/20-3/27	6:30-7:15pm	18+ yrs	\$65

Adult Hip Hop

Anne Pennypacker
Marina Community Center - Large Room, 151 Marina Dr.

Let's get our bodies moving to the upbeat sounds of hip hop! Not only will this class be a fun way to get a workout, but a great way to look better on any dance floor. Every session we'll work on new choreography and a new routine.

142028-01	6 weeks	Wed	1/9-2/13	7:15-8:15pm	18+ yrs	\$65
142028-02	6 weeks	Wed	2/20-3/27	7:15-8:15pm	18+ yrs	\$65

Night Club Two Step

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

Learn the basics as well as more complex patterns of this popular dance. Find out why it's such a favorite! *Partner not needed.*

142025-01	6 weeks	Wed	1/9-2/13	8:15-9:15pm	18+ yrs	\$65
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Country Two Step

Anne Pennypacker
Marina Community Center - Large Room, 151 Marina Dr.

Learn leads & follows of this popular country western dance...yee haw! From basics to more complex patterns, you'll be dancing in no time!

142029-01	6 weeks	Wed	2/20-3/27	8:15-9:15pm	18+ yrs	\$65
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Adult Tap

Anne Pennypacker
Marina Community Center - Large Room, 151 Marina Dr.

An amazing workout and fun at the same time! This class is for those who have always wanted to tap or have had fun tap dancing before. Explore various styles of tap, combinations and more. Tennis shoes, hard soled shoes or tap shoes are the best to wear for class.

142026-01	6 weeks	Thu	1/10-2/14	7:15-8pm	18+ yrs	\$65
142026-02	6 weeks	Thu	2/21-3/28	7:15-8pm	18+ yrs	\$65

Adult Ballet/Jazz

Anne Pennypacker
Marina Community Center - Large Room, 151 Marina Dr.

Class will begin with floor warm-ups, ballet barre and center floor. Halfway through, we'll speed it up with various styles of jazz combinations, movements and a routine. Jazz or Ballet shoes recommended.

142040-01	6 weeks	Thu	1/10-2/14	8-9pm	18+ yrs	\$65
142040-02	6 weeks	Thu	2/21-3/28	8-9pm	18+ yrs	\$65

Ballroom & Latin Dancing

Anne Pennypacker
North Seal Beach Center, 3333 Saint Cloud Dr.

Basic steps, leads and more complex moves of assorted styles of social dancing, guaranteed to get you through your next wedding reception or social function! This fun class and party will put you at ease on the dance floor! Learn the cha cha, rumba, salsa, swing, waltz and more! * Partners not needed! *

142024-01	1 day	Sat	2/23	7:30-9:30pm	18+ yrs	\$15
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Jacki Sorensen's Fitness/Dance Class

Martha Stegen

North Seal Beach Center, 3333 Saint Cloud Dr.

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. In your Get-it-all-Together class you'll sway, stretch, crunch, squat, cha cha, waltz, samba and swing yourself into total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock'n Roll, Country, Hip Hop, and more! Our classes are effective, exciting and fun! Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional.

142030-01 12 weeks Tue & Thu 1/8-3/28 4:30-5:30pm 16+ yrs \$122

Jazzercise

Tiffany Daly

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, and a mat.

North Seal Beach Center, 3333 Saint Cloud Dr.

142044-01 4 weeks Mon & Wed 1/7-1/30 6-7pm 13+ yrs \$30

142044-02 6 weeks Mon & Wed 2/4-3/13 6-7pm 13+ yrs \$50

Marina Community Center, 151 Marina Dr.

142042-01 4 weeks Tue & Thu 1/8-2/2 6-7pm 13+ yrs \$40
Sat 7:30-8:30am
Sat 8:30-9:30am

142042-02 6 weeks Tue & Thu 2/5-3/16 6-7pm 13+ yrs \$70
Sat 7:30-8:30am
Sat 8:30-9:30am

Pilates Intermediate

Patricia Griswold

Seal Beach Senior Center, 707 Electric Ave.

For returning students ONLY. This class can only be taken by students who have completed the Pilates Beginning program. New students who have not trained with Patricia Griswold are welcome to try a free assessment class to determine if this would be the appropriate level for them. Intermediate level is a continuation of the fundamental work followed by more challenging exercises adding strength and coordination to the Pilates experience.

142069-01 5 weeks Mon 1/7-2/4 11:30am-12:30pm 18+ yrs \$52

142069-02 4 weeks Mon 2/11-3/4 11:30am-12:30pm 18+ yrs \$42

Pilates Advanced

Patricia Griswold

Seal Beach Senior Center, 707 Electric Ave.

For returning students ONLY. Expansion of beginning posture, alignment and flexibility. Please bring a floor mat. This conditioning class offers a blend of pilates, yoga, and ballet. Students will safely increase strength, flexibility and stamina. Proper breathing techniques will be taught. Come rebuild your core strength! Bring water and an exercise mat. Classes are subject to cancellation if class minimum is not met.

142071-01 5 weeks Fri 1/11-2/8 1:15-2:15pm 18+ yrs \$52

142071-02 4 weeks Fri 2/15-3/8 1:15-2:15pm 18+ yrs \$42

Jazzercise Highlight

Pam Choate



When I first moved to California in December of 2010, I lived in a hotel for 4 months and it took a major toll on my body. After settling in the wonderful coast town of Seal Beach, it was time to regain my well-being and lose some weight. Nearly a year later, I was struggling with staying motivated with a routine on my own. I was unhappy with my appearance, energy level and my body just felt generally achy and stiff.

My boyfriend would come home from running and say "I see ladies bouncing around in the Community Center and they sound like they are having a lot of fun – you should look into it." After about 3 months of hearing him say that over and over, I finally decided to "look into it" and I found out that the bouncing ladies in the Marina Community Center were engaging in a Jazzercise class. I was hesitant to join at first, because I am really uncoordinated but it was convenient with my work schedule, so I thought I would give a shot at a 6 week commitment and then see how I felt.

Going on 6 months now, I am so happy my boyfriend encouraged me to "look into it" because it has made a tremendous positive impact on my life. Not only have I lost weight, feel better and look better; I sleep better and have more energy. I have also received an added benefit: that of camaraderie and a sense of community with other women and my wonderful instructors: Tiffany & Mary Jo. The contagious enthusiasm that Tiffany and Mary Jo have for Jazzercise really sets the tone for the class. I always look forward to going to Jazzercise and have no plans of throwing in the towel any time soon!

Tai Chi Chih I

Suzanne Roady- Ross

Seal Beach Senior Center, 707 Electric Ave.

Beginner class. Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful, flowing movements tone muscles, align the body & enhance flexibility while promoting a peaceful mind. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness. No Class 1/21

142073-01 5 weeks Mon 1/7-2/11 6:45-7:45pm 15+ yrs \$42

Tai Chi Chih II

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave.

Refine your practice and deepen the benefits of this simple but powerful moving meditation. Reduce stress and experience peace within while promoting wellness. No Class 1/21

142077-01 5 weeks Mon 1/7-2/11 5:30-6:30pm 15+ yrs \$42

Flow Yoga

Renee Ferguson
Eisenhower Park - Bluff
Ocean Ave./8th Street

Geared towards all yoga levels. Emphasis on Vinyasa, core, & balancing. Please bring a mat or towel and water. Punch cards available at \$15 class.

142081-01	3 weeks	Tue-Thu	1/8-1/24	8-9am	18-70 yrs	\$110
142081-02	3 weeks	Tue-Thu	1/29-2/14	8-9am	18-70 yrs	\$110
142081-03	3 weeks	Tue-Thu	2/19-3/7	8-9am	18-70 yrs	\$110
142081-04	3 weeks	Tue-Thu	1/8-1/24	9-10am	18-70 yrs	\$110
142081-05	3 weeks	Tue-Thu	1/29-2/14	9-10am	18-70 yrs	\$110
142081-06	3 weeks	Tue-Thu	2/19-3/7	9-10am	18-70 yrs	\$110

Private Lessons

142081-07 1/8-3/7* \$60/hour

*Call Renee at (310) 804-7896 to arrange your private lesson.

Hatha Yoga

Suzy Hazard
Seal Beach Senior Center
707 Electric Ave.

Hatha yoga is a series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel.

142070-01	9 weeks	Tue	1/8-3/5	5:45-7pm	18+ yrs	\$69
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Aikido

Steve Wasserman
North Seal Beach Center
3333 Saint Cloud Dr.

This course focuses on the art of "Aikido" self-defense. Aikido translates to "the way of harmonizing the spirit". Students will learn the principles of falling, rolling, and defense techniques against punches, strikes, knife attacks, control and blending with your opponent, mat safety, and self-defense awareness. Wear sweats and no jewelry. Martial arts gi are optional and can be purchased separately (\$40- \$65). Belt testing is optional (\$40). All students that attend the classes must have the ability to roll and fall at a moderate pace and will be allowed to participate only per instructor's discretion. Some Saturday's to be announced from 9:30-11am. No Class 12/24 & 12/31

142050-01	14 weeks	Mon & Wed	12/3-3/6	7:30-9:30pm	18+ yrs	\$130
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Beach Boot Camp

Bryce Turner
\$99 for a 10 class punch card
Seal Beach - 10th St, 10th St @ Ocean Ave.

Join Seal Beach's exclusive Beach Boot Camp, taught by Beach Fitness, and get that beach body you have always wanted. Beach Boot Camp is a kick-your-butt workout that will leave you sore, but begging for more! Work with our expert trainers to tighten and tone your ENTIRE body with this INTENSE workout, just in time for the New Year! CAUTION: This workout contains CARDIO, STRENGTH TRAINING, and a BUTT KICKIN'! Don't wait, start your New Years resolution NOW!

142062-01	14 weeks	Sat	12/8-3/9	8-9am	12+ yrs	\$99
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BeachFit Moms

Bryce Turner
\$99 for a 10 class punch card
Eisenhower Park, Ocean Ave.

Join Seal Beach's new BeachFit Moms Program, taught by Beach Fitness PT/Pilates Instructors. BeachFit Moms gives pregnant women & moms the opportunity to work out in an environment that promotes healthy living for them and their children. BeachFit Moms was created with the idea of getting REAL results by looking at 5 major components of health and fitness (Strength, Endurance, Flexibility, Diet/Nutrition and Mind/Body relationship), combined you will learn how to live more fit and healthy. No Class 12/25, 12/27, 1/1

142063-01	13 weeks	Tue & Thu	12/4-3/7	9:30-10:30am	18+ yr	\$99
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Intro to Crossfit

Bryce Turner
Marina Community Center- Large Room
151 Marina Dr.

CrossFit is an empirically driven, clinically tested and community developed strength and conditioning program. These dedicated trainers want their clients to become stronger, leaner, faster, and more coordinated. We are an assembly of dedicated trainers who want our clients to become stronger, leaner, faster, and more coordinated. We mix gymnastics (body control), weightlifting (control of external objects), and cardiovascular training (endurance & strength) in as many ways as possible. The workouts are always challenging and never boring. Each workout is scaled by load and intensity but not by kind. All fitness levels from college athletes to grandmothers can participate in the same class. No class 1/21 & 2/18

142061-01	4 weeks	Mon	11/26-12/17	6-7pm	14+ yrs	\$49
142061-02	4 weeks	Mon	1/7-2/4	6-7pm	14+ yrs	\$49
142061-03	4 weeks	Mon	2/11-3/11	6-7pm	14+ yrs	\$49

Open Gym Volleyball

McGaugh Campus Gym, 1698 Bolsa Ave.

Co-ed Volleyball Open Gym is offered on Wednesday evenings from 7-9pm at McGaugh gym. This program is for individuals looking to play extra volleyball games on a recreational level. The gym and play is supervised by experienced volleyball professionals. Multiple courts are available based on skill level. Pre-registration is not required. For additional information call (562) 431-2527 x: 1341.



143060-01	Wed	12/12-3/6	7-9pm	18+ yrs	\$4
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Basketball League

\$350 per team/10 game season, plus \$25 per game for referees. For more information, e-mail Mlee@sealbeachca.gov or call Marquis Lee at (562) 431-2527 x: 1307.



Softball League

\$400 per team. For more information, contact Marquis Lee in the Community Services Department at (562) 431-2527 x: 1307, or e-mail Mlee@sealbeachca.gov.



Classes taught by Seal Beach Community Services and USPTA Certified Tennis Pro Instructor Brian Collison. Players must bring their own tennis racquet and wear tennis shoes to class. Classes may be combined or cancelled if minimum is not met. New classes may be created if maximums are exceeded. Players may request particular Class Titles, Times, and Locations if courts are available and minimums are met. Please contact Seal Beach Community Services Department for availability (562) 431-2527 x 1344.

Marina Park • 151 Marina Drive • (562) 431-2527 x:1344

CLASS #	DAY	CLASS TITLE	Session	DATES	WEEKS	TIME	AGE	PRICE	MIN	MAX
133020-03	Wednesday	Kids-Beginning	1	1/9-2/27	8	3:30-4:00pm	4-6 yrs	\$62	4	6
133021-04		Juniors-Beginning	1	1/9-2/27	8	4:00-5:00pm	7-10 yrs	\$122	4	8
133021-05		Juniors-Beginning	1	1/9-2/27	8	5:00-6:00pm	11-15 yrs	\$122	4	8
133022-02		Adults-Beginning	1	1/9-2/27	8	6:00-7:00pm	16+ yrs	\$122	4	8

Heather Park • Corner of Heather and Lampson • (562) 431-2527 x1344

CLASS #	DAY	CLASS TITLE	Session	DATES	WEEKS	TIME	AGE	PRICE	MIN	MAX
133020-01	Monday	Kids-Beginning	1	1/7-2/25*	6	3:30-4:00pm	4-6 yrs	\$47	4	6
133021-01		Juniors-Beginning	1	1/7-2/25*	6	4:00-5:00pm	7-10 yrs	\$92	4	8
133021-02		Juniors-Beginning	1	1/7-2/25*	6	5:00-6:00pm	11-15 yrs	\$92	4	8
133022-01		Adults-Beginning	1	1/7-2/25*	6	6:00-7:00pm	16+ yrs	\$92	4	8

Mcgaugh Campus • 1698 Bolsa Avenue • (562) 431-2527 x1344

CLASS #	DAY	CLASS TITLE	Session	DATES	WEEKS	TIME	AGE	PRICE	MIN	MAX
133020-02	Wednesday	Kids-Beginning	1	1/9-2/27	8	1:00-2:00pm	4-6 yrs	\$122	4	6
133021-03		Juniors-Beginning	1	1/9-2/27	8	2:00-3:00pm	7-10 yrs	\$122	4	8

Seal Beach Tennis Center • 3900 Lampson Ave • (562) 598-8624 • Open to the Public

CLASS #	DAY	CLASS TITLE	Session	DATES	WEEKS	TIME	AGE	PRICE	MIN	MAX
133020-04	Tuesday	Kids-Advanced	1	1/8-2/26	8	3:30-4:00pm	5-6 yrs	\$62	4	6
133021-06		Juniors-Advanced	1	1/8-2/26	8	4:00-5:00pm	7-10 yrs	\$122	4	8
133021-07		Juniors-Advanced	1	1/8-2/26	8	5:00-6:00pm	11-15 yrs	\$122	4	8
133022-03		Adults-Advanced	1	1/8-2/26	8	6:00-7:00pm	16+ yrs	\$122	4	8
133020-05	Thursday	Kids-Advanced	1	1/10-2/28	8	3:30-4:00pm	5-6 yrs	\$62	4	6
133021-08		Juniors-Advanced	1	1/10-2/28	8	4:00-5:00pm	7-10 yrs	\$122	4	8
133021-09		Juniors-Advanced	1	1/10-2/28	8	5:00-6:00pm	11-15 yrs	\$122	4	8
133022-04		Adults-Advanced	1	1/10-2/28	8	6:00-7:00pm	16+ yrs	\$122	4	8
133020-06	Friday	Kids-Match Play	1	1/11-3/1	8	3:30-5:30pm	5-6 yrs	\$82	4	
133021-10		Juniors-Match Play	1	1/11-3/1	8	3:30-5:30pm	7-15 yrs	\$82	4	
133022-05		Adults-Match Play	1	1/11-3/1	8	3:30-5:30pm	16+ yrs	\$82	4	

* No Classes: 1/21 & 2/18

Tennis Center General Public Hours of Operation are Monday through Friday from 12pm-9:30pm; Saturday and Sunday from 12pm-5:30pm. For more information, call (562) 598-8624.

Kids-Beginning Tennis 4-5 yrs. Introduce your youngster to the game of tennis.

Kids-Advanced Tennis 5-6 yrs. Designed for the child just learning the game of tennis.

Juniors-Beginning Tennis 7-15 yrs. Little to no experience.

Juniors-Advanced Tennis 7-15 yrs. Students must contain knowledge of basic tennis strokes, grips, and ready positions.

Adults-Beginning Tennis 16+ yrs. Little to no experience.

Adults-Advanced Tennis 16+ yrs. Players must contain knowledge of basic tennis strokes, grips, and ready positions.

Match Play- Compete against your class mates in real tennis matches. Limited instruction, lots of play time!

McGaugh Community Pool

McGaugh School • 1698 Bolsa Ave, Seal Beach Blvd. • Pool Office (562) 430-9612

Community Services Office (562) 431-2527

The McGaugh Pool was built in 1964. It is 25 yards in length and has six lanes open for lap swimming. The water temperature is maintained at 80 degrees and an outdoor, warm water shower with limited dressing rooms are available.

Fall Adult & Youth Lap Swim

This is an ongoing fitness/workout program for lap swimming. Pool is closed on national holidays. *Pass must be purchased from City Hall. \$5 pass reissuing fee.

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Daily fee: \$3
Monday-Friday	11am – 1pm	Adult /16+ yrs	16 swim pass: \$40
Monday-Friday	6:30pm – 8pm	Adult /16+ yrs	34 swim pass: \$80
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	Unlimited Annual pass: \$200 (No guests)
Monday-Friday	6pm – 6:30pm	Youth	Daily fee: \$2
Saturday & Sunday	8am – 9am	Youth	16 swim pass: \$32

Private Swim Lessons

Please call the Community Services Department at (562) 431-2527 x1341 for more information.

Seal Beach Swim Team

The Seal Beach Swim Team is a privately operated team that conducts practices at McGaugh Community Pool. For Swim Team information, call Maria Fattal, a parent volunteer, directly at (562) 430-1092.

Deep Water Aerobics

Cheryl von der Hellen
McGaugh Campus, 1698 Bolsa Ave.

This deep-water exercise develops total fitness. You must purchase your own Buoyancy Cuffs to participate in the class. You will burn calories while improving endurance, flexibility and strength.

144010-01	5 weeks	Mon & Wed	1/7-2/6	5:30-6:30pm	18+ yrs	\$55
144010-02	5 weeks	Mon & Wed	2/11-3/13	5:30-6:30pm	18+ yrs	\$55

M&M Surf Camps

Michael Pless

Fee: 5 Lessons/\$250; 1 Day/ \$65

8th St. Beach, 8th St @ Ocean Ave

Michael Pless, owner and operator of M&M Surfing School has been teaching for over 25 years and has over 50 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. *Please indicate your week preference on the registration form. Register through the Community Services Office, registration will not be accepted at the class.

167061-01 Mon-Sun 12/10-3/10 8am-12pm All Ages

M&M Surf- Private Lessons

\$80/hr Call Michael Pless at (714) 846-7873 for schedule your private surf lesson.

Private Stand up Paddleboarding

Chas Wickwire

Seal Beach - 1st St Beach Parking Lot

Please indicate your date preference on the registration form. Register through the Community Services Office, registration will not be accepted at the class. **By Appointment Only***

167051-01 1 day 1 1/2 hour session* 12/10-3/10 10+ yrs \$77

Private Surf Lesson

Chas Wickwire

Seal Beach - 1st St Beach Parking Lot

Chas is a two-time National Amateur Surfing Champion with over 30 years of surfing experience. With a B.A. in communication, Chas will share his surfing knowledge in a positive, safe, fun-filled environment. Courses teach basic ocean knowledge, line-up etiquette, surfing techniques and good safety habits. All ages are welcome! Surfboards & wetsuits provided. Please indicate your date preference on the registration form. Register through the Community Services Office, registration will not be accepted at the class. **By Appointment Only***

167050-01 1 day 1 1/2 hour session* 12/10-3/10 All Ages \$77

Senior Lunch Program

Seal Beach Community Services, in cooperation with Community Senior Serv, offers a hot, nutritious meal Monday through Friday at the North Seal Beach Center, located at 3333 Saint Cloud Drive. Besides maintaining the physical health of active older adults, the Lunch Program also works to enrich the emotional/physiological health of seniors by sponsoring a wide range of speakers, dances, games, health forums, and other social and educational activities. Meals, support services and transportation are available to all persons age 60+ on a donation basis. The Center is open Monday through Friday, 8am-2pm. Lunch is served at 11:15am. For more information, please call (562) 430-6079 between the hours of 11am and 1pm. If you need transportation to the senior lunch program, arrangements may be made with the City's Dial-A-Ride transportation company. This shuttle service is available to and from the North Seal Beach Senior Lunch Program site which is located in the Rossmoor Shopping Center.

Senior Dial-A-Ride Program in Seal Beach

The Dial-A-Ride component of the program has traditionally offered to deliver a senior resident to any location within the three miles outside City Limits. Dial-A-Ride service is available Monday through Friday from 8 a.m. to 5 p.m., and can be utilized by calling (562) 439-3699 at least 24 hours in advance to schedule date, time, and location. The service can be made for any reason such as doctor's appointments, retail/grocery shopping (within City of Seal Beach), and dining excursions (within City of Seal Beach).

Attention Leisure World Residents: The City's Dial-A-Ride Program will no longer allow users to make reservations for trips that begin at a user's home in Leisure World to another location inside Leisure World. Leisure World currently operates a shuttle service that transports residents throughout Leisure World.

Home Delivered Meals

For homebound individuals 60+ years of ages who are unable to shop/and or prepare meals for themselves, Community Senior Serv delivers three meals directly to their homes – a cold lunch, a frozen dinner, and breakfast items. These meals, which provide 100 percent of the U.S. Nutritional Recommended Dietary Allowance, are available five days per week. Suggested donation is \$4.50/day. For more information, call (714) 220-0224.

Drivers Needed to Deliver Meals

Help us bring smiles to the faces of older adults living in your community. We are in need of volunteer drivers to deliver meals to homebound elders in Seal Beach who are unable to cook and/or shop for themselves. Drivers are needed for one hour a day, Monday thru Friday between 10am and 1pm. On-call backup drivers are also needed in the event that a regularly scheduled driver is unable to deliver. To volunteer, call (714) 220-0224.

In Home Case Management

For older adults who are facing multiple problems, which they cannot resolve on their own, Community Senior Serv Case Managers are available to help them evaluate and find acceptable solutions to their individual needs. Referrals may be made by any concerned individual, physician, Social Service Worker, family member, neighbor, or the senior themselves, Monday through Friday, from 8am-5pm. For more information, call (714) 220-0224.

Friendly Companions

Community Senior Serv serves over 1200 frail, isolated, homebound older adults daily who are in need of companionship. Many homebound elders are lonely and do not or cannot reach out to others. If you find joy in making a difference and enjoy listening or talking, friendly visiting is the right volunteer opportunity for you. Volunteers visit in the home of the older adult and offer warmth, friendship and understanding to make life more meaningful. Volunteers play an important part in the elders well-being by helping to restore feelings of self worth, dignity and promoting independence. Volunteers are needed throughout Central, North and West Orange County. Families are encouraged to volunteer. Call (714) 220-0224 to volunteer.

Referral Assistance

This referral service directs persons 60+ to the appropriate agencies for specific needs. Call the Orange County Senior Information and Referral Line at (714) 567-7500 if you need assistance. This program is designed to provide seniors access to the many agencies and human service programs available that can assist with problems, legal information, nutrition programs and more.

Health Insurance Counseling and Advocacy Program (HICAP)

Trained counselors are available to assist seniors with Medicare rights and protections. They can help with HMO appeals, with information regarding Medi-Gap Plans and/or Long Term Care information. No fee. For more information, call 714-560-0424.

Medicare 101

Cesar Arteaga
Seal Beach Senior Center, 707 Electric Ave.

Learn about Social Security timeframes, how to enroll in Medicare, and the qualifications to receive Medicare. Learn what Part A, Part B, Part C, and Part D consist of and what it covers and does not cover. The instructor will explain the options that Medicare beneficiaries have to get coverage for and what Medicare does not cover, such as Medicare Advantage plans, Prescription drug plans, and Medicare Supplement plans. Additional plans are also available for those who are receiving financial assistance or for those who have Medicare and Medi-Cal.

156040-01	1 day	Mon	12/10	9-11am	60+ yrs	Free
156040-02	1 day	Mon	1/7	9-11am	60+ yrs	Free
156040-03	1 day	Mon	2/11	9-11am	60+ yrs	Free
156040-04	1 day	Mon	3/4	9-11am	60+ yrs	Free

Senior Pinochle Club

Senior Center, 707 Electric Ave.
Free – Drop in – Tuesday 9 a.m. - 3 p.m.

Person 50 years of age and older are invited. The club provides opportunities to meet new friends, develop new interests and socialize.

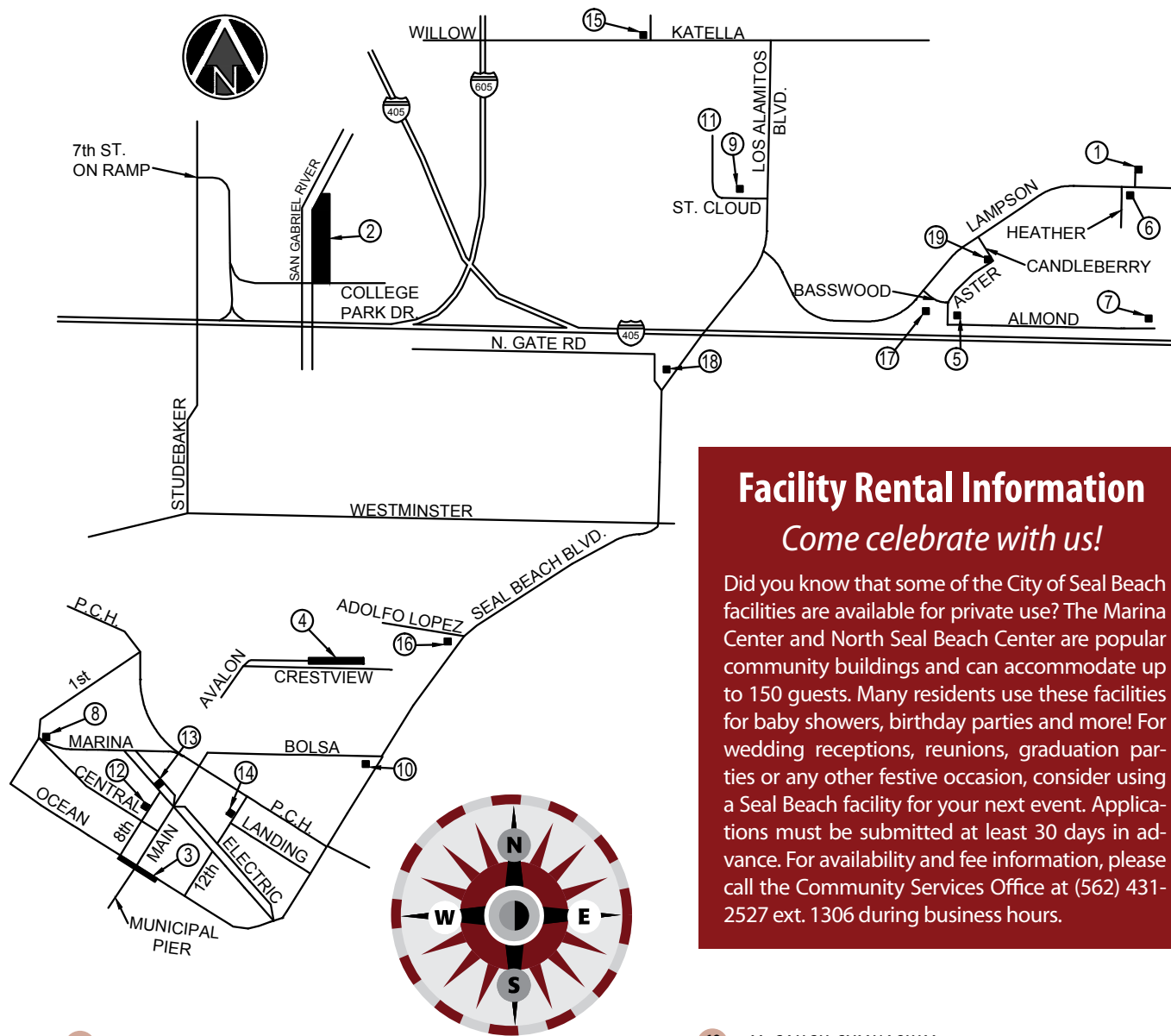
February 4-April 15

Free Tax Assistance

Mondays at Fire Station #48 Community Room, located at 3131 N.Gate Rd.

Free assistance for taxpayers with low- and middle-income, with special attention to those 60 and older in preparing State and Federal Income Tax returns.

See Page 9 for details.



Facility Rental Information

Come celebrate with us!

Did you know that some of the City of Seal Beach facilities are available for private use? The Marina Center and North Seal Beach Center are popular community buildings and can accommodate up to 150 guests. Many residents use these facilities for baby showers, birthday parties and more! For wedding receptions, reunions, graduation parties or any other festive occasion, consider using a Seal Beach facility for your next event. Applications must be submitted at least 30 days in advance. For availability and fee information, please call the Community Services Office at (562) 431-2527 ext. 1306 during business hours.

- 1 ARBOR PARK (DOG PARK)**
4665 Lampson, behind WestEd Facility
College Park East Off Lampson 100 ft. East of Heather St.
Soccer and Baseball Fields, RR
- 2 EDISON PARK & GARDENS**
99 College Dr, in College Park West
Tot Lot, Basketball Court, Sand Volleyball, Softball Diamond, Public Gardens, PP
- 3 EISENHOWER PARK**
Ocean Ave & Main St, in Old Town Greenbelt adjacent to the Pier
- 4 GUM GROVE NATURE PARK**
On the Hill Corner of Crestview & Avalon Drive
Urban Forest of Eucalyptus Trees, Passive Hiking Trail, PP
- 5 (BB) BLUEBELL PARK**
Almond Ave & Bluebell St., in College Park East
Basketball Court, Play Field & Tot Lot (Lights)
- 6 (HP) HEATHER PARK**
Heather St. & Lampson, in College Park East
Tennis Courts (Lights), Play Field, Tot Lot, PP
- 7 ALMOND PARK**
4600 Almond Avenue. Tot Lot, Play Field, Basketball Courts
- 8 MARINA CENTER & PARK**
151 Marina Dr, at 1st St. in Old Town
Community Center, Tot Lot, Tennis Courts (Lights), Basketball Court (Lights),
Racquetball Courts (Lights), RR, PP
- 9 NORTH SEAL BEACH CENTER (NSBC)**
3333 St. Cloud Dr.
Community Center, Daily Senior Meals, RR
- 10 MCGAUGH GYMNASIUM,
POOL, TENNIS COURTS & FIELDS**
1698 Bolsa Ave. at Seal Beach Blvd, On the Hill.
Pool Office Phone: 430-9612
Public Pool, Gym, Tennis Courts, Play Fields, RR
- 11 ROSSMOOR/LOS ALAMITOS LIBRARY**
- 12 CITY HALL & RECREATION OFFICE**
211 8th St., 2nd floor in Old Town
- 13 SENIOR CENTER AT MARY WILSON LIBRARY**
707 Electric Ave in Old Town, Senior Center Facility, Greenbelt, RR
- 14 ZOETER SOFTBALL FACILITY**
12th Street & Landing Avenue, Premier Softball Diamond (Lights), RR
- 15 LOS ALAMITOS COMMUNITY CENTER**
10911 Oak St., Los Alamitos (Oak & Katella)
430-1073, Co-Sponsor for Programs
- 16 SEAL BEACH POLICE**
Seal Beach Blvd, at Adolpho Lopez Drive. (562) 799-4100
- 17 SEAL BEACH TENNIS CENTER**
Tennis Facility Located in Seal Beach on Lampson, just east of Seal Beach Blvd.
- 18 FIRE STATION #48**
Community Room, located at 3131 N. Gate Road
- 19 ASTER PARK**
Aster St. & Candleberry, in College Park East

4 easy ways to REGISTER TODAY

1 MAIL IN

Select the class or classes you are interested in and complete the registration form. Please sign the consent section at the bottom. Mail the completed registration form with a check or money order (do not send cash) made payable to the City of Seal Beach, or your MasterCard or Visa number to:

City of Seal Beach
ATTN: Finance Department
211 8th Street
Seal Beach, CA 90740

If you would like to receive a confirmation receipt, please supply a self-addressed, stamped envelope with your registration or request that one be sent to your e-mail address.

Registration Begins
November 5, 2012

2 FAX

Call (562) 430-3498

You may register by fax with your Visa or MasterCard. Fax us 24 hours a day at (562) 430-3498. Please have all your information printed in ink on the form. Credit Card registration must be for amounts in excess of \$20.

3 WALK IN

Open Monday - Friday

Registration can also be made in person at Seal Beach City Hall from 8 am to 5 pm Monday-Friday. Closed from 12-1pm daily.

4 E-mail

Scan and e-mail your registration form to CommunityServices@SealBeachCA.Gov

Refund Policy

► Applications for refunds will be granted only if requested prior to the second class meeting and may be made in person, over the telephone, or by writing us. You will be refunded a prorated fee for the class you attended.

► Refund checks will be mailed within three weeks following the request.

► If the Department cancels a class, before the start date, an automatic refund will be processed at no cost to the registrant.

► A \$25 Service Charge for any check returned unpaid may be assessed (closed account, NSF funds)

► A \$10 Service Charge for any requested REFUND.

Access & Inclusion

In compliance with the Americans with Disabilities Act (ADA), the City of Seal Beach Community Services Department prohibits discrimination on the basis of race, color, national origin, age and disability in all of its programs. All are welcome to register and we encourage your participation. If you have special needs, please contact the Community Services Office at (562) 431-2527, ext.1307.

Community Services Department

City of Seal Beach

211 8th Street
Seal Beach, CA 90740
Office (562) 431-2527 ext. 1344
Fax (562) 430-3498

Office Hours

Monday - Friday; 8 am - 5 pm
(closed daily 12-1 pm for lunch)

For Your Information: We share instructors and co-sponsor activities and classes to better serve YOU, our most important customer!

CONTENT: We make every effort to ensure the information in the Guide is accurate & up-to-date. We regret that occasional errors occur & we retain the right to amend information & fees.

Please register early to avoid class cancellations.

Submit Your Photos

Have you or your children participated in one of our classes and have high resolution digital photographs that you would like to submit for publication in the Seal Beach *Shoreline*? If so, you can email them to Dana at dkukuruda@sealbeachca.gov.

Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured

The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of Seal Beach or anyone authorized by the City of Seal Beach of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation."

Thank You!



211 8th Street, Seal Beach, Ca 90740
Community Services Office (562) 431-2527 Ext. 1344 • Office Fax (562) 430-3498

ADULT NAME: _____
LAST NAME FIRST NAME

E-MAIL: _____

ADDRESS: STREET _____ CITY _____ STATE _____ ZIP _____

PHONE: HOME # _____ WORK# _____ MOBILE # _____

EMERGENCY CONTACT: _____ PHONE # _____


Drivers License #: _____ EXP DATE: _____

☐ Check if address or phone number has changed (For returning participants only)

RELEASE AND INDEMNIFICATION

DATED: _____ SIGNATURE: _____
(PARTICIPANT/PARENT OR GUARDIAN)

MAKE CHECK PAYABLE TO CITY OF SEAL BEACH

☐ CHECK #: _____ CHECK DATE: _____
☐ CASH
☐ VISA  ☐ MASTERCARD 
 CARD # - - - EXP. DATE -
 SIGNATURE _____ TOTAL CHARGED TO ACCT: \$ _____

City of Seal Beach
CITY HALL
211 8th Street
Seal Beach, CA 90740

POSTAL CUSTOMER
Seal Beach, CA 90740

PRSRT STD
U. S. Postage
PAID
Long Beach, CA
PERMIT #70001



201 8th Street, Suite 120
Seal Beach, CA 90740
Phone (562) 799-0179
www.sealbeachchamber.org

Southland
CREDIT UNION



211 8th Street (2nd floor)
Seal Beach, CA 90740
(562) 431-2527 x1306

present the

2012 Seal Beach

Christmas Tree Lighting Ceremony

Saturday
November 24

**Come see the beautiful
18' Christmas Tree!**

4pm to 7pm
tree lighting at dusk
at the base of the
Seal Beach pier

Gift tag-shaped
tree ornaments
will be sold
through the
Seal Beach Chamber
(562-799-0179)
with limited availability.

Design 1



Design 2



Design 3
(families only)



- Photo op with Santa
- patch.com will post photos online
- snowman building contest with awards

- music
- real snow
- hot cocoa
- coffee
- pastries

Christmas Holiday Parade 12/7/12
Breakfast with Santa on 12/15/12 Marina Park
(Toy Drive Honoring Our Fallen)